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See Page 7 for details.

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VANCOUVER • TUESDAY, SEPTEMBER 16, 2008 metronews.ca

Grab your spoon, get set…

Councillor seeks Insite intervention

APPEAL Vision Coun. Raymond Louie wants city lawyers to get involved in the federal government's planned appeal of a Supreme Court decision giving the city's supervised injection site an exemption to remain open.

In May, B.C. Supreme Court struck down portions of Canada's drug laws as unconstitutional and ruled that Insite should be allowed to operate without a federal exception.

In a motion on notice before city council, Louie said that Insite is a crucial element of the city's four-pillar drug policy and wants the city's legal department to seek intervenor status in the federal government's appeal.

METRO VANCOUVER

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- Dion's tax
- Layton's pledge

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Macca nixed Mills' deal

Health pg 14
Josey talks sex

Take Five pg 19

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PHOTO SUBMITTED

Max Rose, 12, and his 14-week-old Jack Russell terrier. The puppy was shot and killed by a hunter Saturday.

RCMP seeks arrest for hunter who shot puppy

ANDREA WOO
for Metro Vancouver

A 12-year-old cancer survivor is once again proving his strength after a hunter shot his puppy in the head, killing it.

Nick Rose and his son Max were chopping firewood at their Quadra Island home on Saturday when their 14-week-old Jack Russell terrier, Seymour, bounded over to two hunters who were walking nearby.

They then heard a gunshot.

"What have you done, you sick bastard?" yelled Rose as he ran over to find Seymour twitching on the ground with half his head blown off. "You shot our puppy!"

Seymour was the replacement pup for the dog that comforted Max during his battle with cancer. That dog died last month.

According to Rose, the suspected shooter, a man in his late 20s, lived nearby and had crashed Rose's birthday party last year. Rose said a fight broke out when the man began insulting guests.

"He's really upset but he's a tough little guy … Last night he said, 'I know how to deal with pain.' "
Nick Rose

After Saturday's shooting, Max had to be held back because he wanted to attack the hunter with scissors. In recent days, he carried a jackknife, fearing the man would return.

"He's really upset but he's a tough little guy," said Rose. "He's been through cancer treatments; he's seen many friends die. Last night he said, 'I know how to deal with pain.'"

The hunter is believed to have fled the island before he could be arrested. Quadra Island RCMP is seeking an arrest warrant pending the approval of charges from Crown counsel.

ShareYourViews
vancouverletters@metronews.ca

Gun pulled on woman in purse snatching

KRISTEN THOMPSON
kristen.thompson@metronews.ca

ROBBERY A Vancouver woman was punched and robbed while waiting for the bus in the city's latest purse snatching.

Const. Tim Fanning said the 22-year-old victim was standing on the corner of Main Street and 38th Avenue on Sunday morning when a man approached her, pointed a gun at her and demanded her bag.

"She fortunately wasn't hurt, but certainly (was) shocked by the fact somebody would put a gun in her face," he said.

Fanning said the man tried to grab her purse but it was slung around her shoulder and when it didn't give way he punched her in the chest.

"She let go of the purse … or took the strap over her head and he ran from the scene," said Fanning.

The robber is in his 20s and has an average build. He was wearing a grey hoodie that covered his face.

Free Daily News Group Inc., operating as Metro Vancouver Newspapers 1190 Homer Street, Suite 250, Vancouver, B.C. V6B 2X6. Publisher: Maryse Lalonde

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Vacation firm lays off 33 B.C. workers
Vancouver-based Rocky Mountaineer Vacations has laid off 33 workers in Vancouver and Kamloops. A spokesman said the layoffs are not connected with a downturn in the tourism industry. CKNW.COM

Local

Sanford picks mask

Vancouver Canucks goalie Curtis Sanford has selected the design of his new mask from more than 300 fan entries submitted to canucks.com during the two-week contest. The winning design was by Kirk Car, a commercial fisherman from Mission.
METRO VANCOUVER

Police trailing arsonists

Woman killed in one of eight fires in three days

KRISTEN THOMPSON
kristen.thompson@metronews.ca

There have been eight arsons in three days in the same Vancouver neighbourhood — including one that killed an elderly woman, and yesterday police started a campaign to catch the culprits.

Police Const. Tim Fanning said police are distributing posters in the hopes that someone will come forward with information about the crimes.

"If (someone) looks like they don't belong in your community, it doesn't hurt to call police. That's how we catch these people," he said.

"We kind of get numbed to homicides in this city and most … have involved people involved in crime. Here we have a 76-year-old woman … just sleeping. It could have been anyone."

On Sept. 11, Willene Chong died when someone set fire to the house on East 55th Avenue she shared with her family.

Six fires, believed to have been set by the same group of teenagers, were set in the area early that morning.

Two other fires were set over the weekend, one on Friday afternoon near East 54th Street and one on Sunday evening in Killarney Park near East 29th Street.

Fanning said police aren't sure this is the work of a serial arsonist but it's likely the culprits live in the neighbourhood.

RAFE ARNOTT/METRO VANCOUVER

Const. Tim Fanning of the VPD discusses a string of fires last week in the Killarney area of Vancouver.

Councillors tackle coffee cup crisis

ANDREA WOO
for Metro Vancouver

The councillor who supported bans on plastic bags and disposable water bottles has recently added another target to his list.

Vision Vancouver Coun. Tim Stevenson responded to Toronto's proposed tax on disposable coffee cups yesterday, saying he was embarrassed that our city is playing catch-up.

"We should have been in the lead," said Stevenson, pointing out that the cups are a big problem for our landfills.

Stevenson is opposed to taxing, banning or charging for the cups, suggesting instead the city work with vendors to implement education and recycling programs for the public.

"I would say that 90 per cent of the populace doesn't realize that these can be recycled and part of this problem is that there's no place to recycle them," he said.

NPA mayoral nominee Peter Ladner has suggested charging for the cups, while Vision Vancouver mayoral nominee Gregor Robertson suggested looking into returnable or reusable packaging.

metronews.ca
What's online today.

Watch as economics take centre stage in the federal election as the Liberals accuse the Tories of fumbling the economy at www.metronews.ca/canada
Read as Allan Small reassures investors following this weekend's Wall Street shakedown at www.metronews.ca/live/yourmoney

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Caveat emptor

Used car shoppers can instantly learn the history of a vehicle by punching its identification number into ICBC's website. The service was added after some ICBC staff sold written-off cars to unknowing buyers. **NEWS1130.COM**

Local government contenders working together, not merging

While members of Vision Vancouver and the Coalition of Progressive Electors are joining forces for the upcoming election, they say the co-operation doesn't mean the parties are merging.

COPE members voted Sunday to collaborate with Vision and the Green Party to beat the Non-Partisan Association-dominated council in the November civic election.

Gregor Robertson will run for mayor as a Vision candidate with the backing of the other two parties.

"By no means is this an agreement to agree on everything," said Robertson. "This is an agreement to work together where it makes sense on election-related activities."

He said partisan politics at City Hall have traditionally gotten in the way of making decisions.

"There have been fundamental differences (between Vision and COPE) in the past and that's what's created two distinct parties, and we're being respectful of our memberships in that we've agreed to co-operate and collaborate while respecting that we are distinct parties."

Cadman said it's about winning back City Hall.

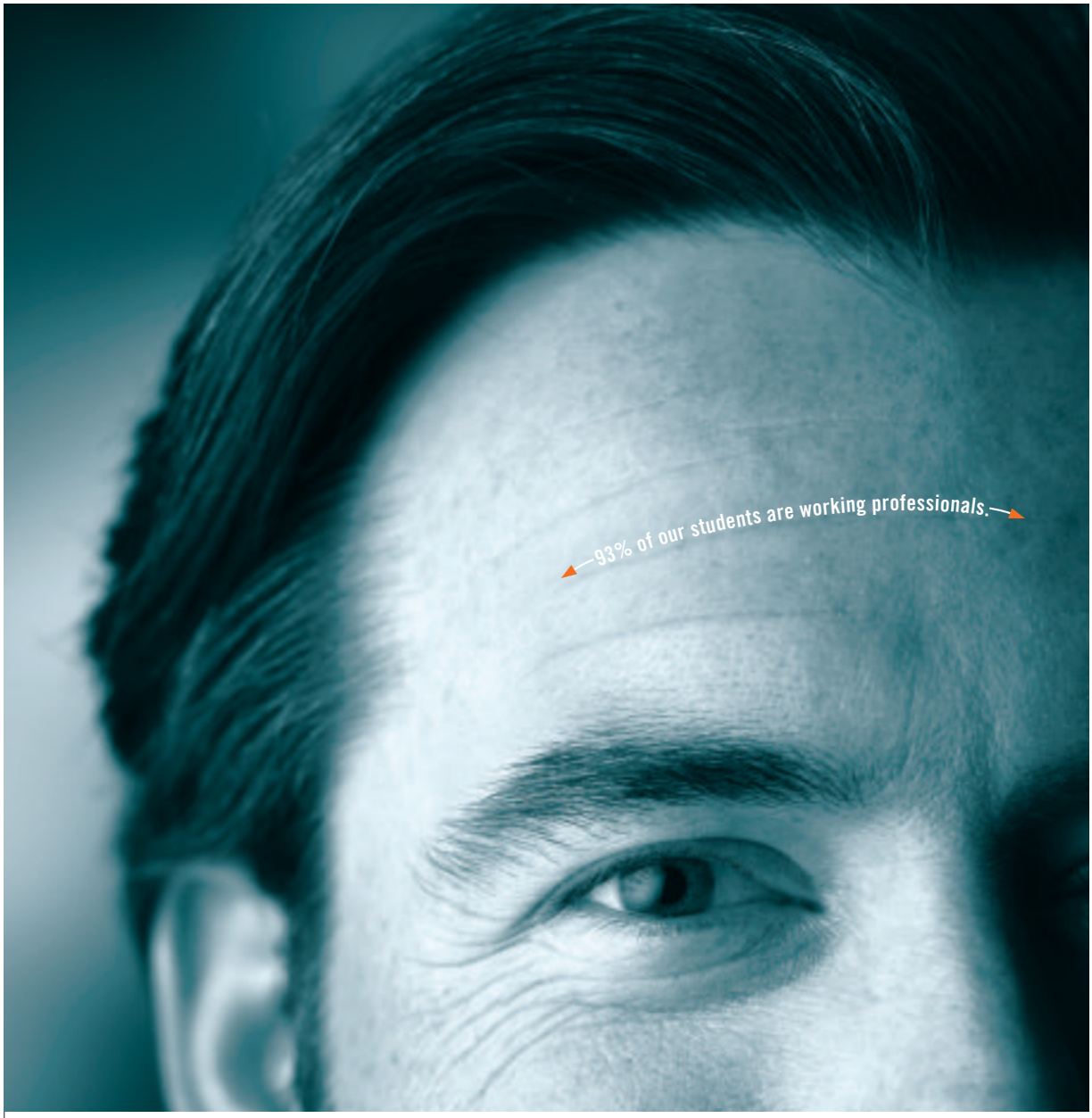
"The things that unite us far exceed any minor divisions," he said.

Peter Ladner is running for the NPA, which completed nominations Saturday.

METRO VANCOUVER

Vision Vancouver

- Formed in 2004 when COPE was split by the departure of then-mayor Larry Campbell. Cadman says Sunday's vote helped heal that division.



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Housing initiatives find support at City Hall

HOUSING The mayor of Vancouver and a pair of city councillors announced their plans to support a number of social housing initiatives yesterday.

Among them, Sam Sullivan, Peter Ladner and Kim Capri said they will put more than $8 million toward the construction of 190 units of social and supportive housing on two city-owned sites.

They will also put $5 million toward the acquisition and upgrade of more than 500 rooms in SRO properties purchased by B.C. Housing in March 2007.

"We have more housing being built and converted right now than ever in our history," said Sullivan.

"The opposition gets a little bit upset when we take too much credit, but the reality is that under this term of council, we have more than five times as much social housing as we achieved in the last term."

Sullivan added that the city will also be receiving $30 million from the federal government to aid in mental illness and drug addiction. **METRO VANCOUVER**

ShareYourViews
vancouverletters@metronews.ca

News in brief

SHOOTING A 30-year-old man was shot on a boat at the north end of Pitt Lake. The victim was airlifted to Royal Columbian Hospital and is expected to make a full recovery. RCMP seized firearms on the boat.

TESTIMONY An explosives expert testified yesterday in the trial of a man accused of setting a fire at an East Vancouver townhouse in 2006 that killed five, cknw.com reports. The expert said that the fire was likely caused by the ignition of a gaseous substance, and that the explosion was strong enough to shatter windows and crack the concrete walls. **METRO VANCOUVER**

Mounties not shying away from northern duty despite deaths
While the RCMP held a memorial Sunday for two officers killed in Canada's North last year, organizers said the deaths have not discouraged new officers from wanting to serve in the northern territories and said enrolment is as high as ever. **CBC NEWS ONLINE**

Canada

"The Green party has picked this up on its website."

Catherine Coumans of Mining Watch speaking about the amount of waste mines cause.

Mining waste

Canada's political parties need to put the issue of toxic waste from the country's mining on the agendas for their election campaign, Mining Watch said yesterday. **CBC NEWS ONLINE**

Widow facing deportation

For Manniecar Dagpin Senillo, marrying "a Western man" is a transaction, a tool to improve her life and that of her family in the Philippines.

And that's what the 25-year-old woman said she and her Canadian husband, businessman George Spiller, had agreed on when they met two years ago on an Internet website popular with Filipinas looking for agreeable men in the West.

Despite a 32-year age gap and, according to Senillo, the disapproval from his Toronto family, Spiller sponsored her. She joined him in Calgary in August 2007. But her dream for a new life was short-lived.

Spiller, 56, died of alcohol poisoning a month later. Although foul play was not suspected, the widow is now being accused by Spiller's family of entering a marriage of convenience and may have her permanent resident status revoked and be sent back to her impoverished homeland. A letter from the immigration department said: "It has been alleged that you misrepresented yourself to Mr. Spiller and entered into marriage with no intention of residing with Mr. Spiller." **TORSTAR NEWS SERVICE**

Decision

- A decision from Immigration Canada is pending.

Calgary **Soldier mourned**

TODD KOROL/REUTERS

Soldiers from the Princess Patricia's Canadian Light Infantry carry the casket of Pte. Chad Horn, who was killed in action Sept. 3 in Afghanistan, during his funeral in Calgary yesterday.

Charges tossed in torture of teen

MILITARY Charges of murder and torture have been withdrawn against the former Canadian soldier accused 15 years ago of mistreating and killing a Somali teenager, the Department of National Defence said yesterday.

Clayton Matchee, a master corporal, has been deemed unfit to stand trial based on mental defect, CBC News reported.

Matchee was released from a Saskatchewan psychiatric hospital earlier this year. **METRO NEWS SERVICES**

News in brief

PAN AM GAMES Toronto Mayor David Miller will write a letter formally endorsing a Toronto bid for the 2015 Pan American Games, a critical development for the $2-billion bid.

TORSTAR NEWS SERVICE

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Williams versus Harper, version 2.0

Newfoundland and Labrador Premier Danny Williams has taken his public battle with Conservative Leader Stephen Harper online. Yesterday, Williams launched anythingbutconservative.ca, a website dedicated to urging Canadians to vote for any party other than the Tories. METRO NEWS SERVICES

Election 2008

Beware of September snow jobs

National**Report**

Lawrence Martin

You've got to give Stephen Harper credit. He's got gall. This is the prime minister who built a reputation for cold-hearted, low-road politics. Civility and high ideals were set aside. Naked political self-interest appeared to be his chief motivator.

Now comes the attempt at the great transformation. Everybody's talking about the chummy guy in the TV ads. It's Mister Rogers' Neighbourhood all over again. You'd think the PM is about to surround himself with toddlers and break into song.

On the campaign trail — where's that uptight glare gone? — he's open to the media and sometimes even humble.

It's all very nice. But best beware of September snow jobs. The problem with image remakes is that there's always a record to look at.

The Harper Conservatives are the ones who wrote a dirty-tricks handbook on how to obstruct the democratic process.

These are the guys who, while simultaneously promising a new era of clean government, were undermining the rules of the game in the so-called in-and-out affair. These are the guys who have broken the record for attack ads, who turned the access to information laws into information barriers, who, in the words of Auditor General Sheila Fraser, were out to gag officers of parliament.

"While he hasn't convinced many that the new Harper is for real, it doesn't seem to matter. If you look at the polls, his old style is good enough to win."

We thought Jean Chrétien was bad for hoarding so much power. Stephen Harper has made him look like a pantywaist. But now, the big image switcheroo.

Can it work? The campaign's first week wasn't the smoothest for Harper. True colours couldn't be hidden. His team got caught going over-the-top with their attack proclivities — the puffin bird saga being just one example.

Meanwhile, the happy-faced PM couldn't help himself from returning to low-road mode. He falsely accused Dion of planning to raise the GST. On the Liberal leader's Green Shift, he went off the nut-beam, saying it would practically mean the end of civilization as we know it.

But while he hasn't convinced many that the new Harper is for real, it doesn't seem to matter. If you look at the polls, his old style is good enough to win. The politics of destruction works south of the border — and here as well.

Lawrence Martin is a Globe and Mail correspondent and author who writes about national affairs from Ottawa.

Public fear carbon tax: Liberal to Dion

FUEL Liberal Leader Stéphane Dion's efforts to sell his proposed carbon tax took a hit yesterday when a former federal Liberal cabinet minister said the people of Newfoundland and Labrador are afraid of it.

John Efford, former natural resources minister, told reporters that Newfoundland residents may dislike and distrust Harper, but they're also afraid the proposed carbon tax is going to drive the cost of fuel even higher than it is now.

"I can tell you the average person on the street doesn't understand the carbon tax," Efford said after listening to Dion speak at a breakfast gathering.

Efford's remarks came as a veteran Ontario cabinet minister warned that Dion's federal Liberals appear headed for the party's worst defeat since prime minister Brian Mulroney swept to power 28 years ago.

Although Liberals are hoping to capture six of the seven seats in Newfoundland and Labrador, Dion held only one public event yesterday before he headed to Halifax, where he had nothing planned.

TORSTAR NEWS SERVICE

Plan for fisheries

- Stéphane Dion announced yesterday a Liberal government would pump millions into the fisheries industry, including more than $300 million to modernize fleets and aid fisherman who want to get out of the business.

News in brief

DUCEPPE Bloc Québécois Leader Gilles Duceppe is dismissing criticism by five of the party's ex-MPs, who say the Bloc has lost its raison d'etre and relevance in Ottawa and become a mouthpiece for Quebec's powerful union movement.

TORSTAR NEWS SERVICE

Harper wooing families

SUPPORT Conservative Leader Stephen Harper returned to southwestern Ontario for the second time in less than four weeks, seeking to increase support among what he likes to call "working families."

On a day when the Toronto Stock Exchange fell more than 500 points, Harper promised in London, Ont., "a steady hand on the wheel, even if the world's financial markets get a little rocky."

The opposition "wants to reverse everything that we have done," Harper said. He again claimed the Liberals — contrary to Leader Stéphane Dion's statements — would hike the GST back up to seven per cent from five, and "take back" the $100-a-month child care allowances. On top of that, Harper said, Dion's carbon tax would devastate the economy.

Harper's effort began earlier in Ottawa with a measure expected to make inroads with female voters.

He promised to extend maternity and parental benefits to the self-employed — a pledge he said would cost $147 million annually, but would be largely self-financed once self-employed people began paying premiums into the fund.

TORSTAR NEWS SERVICE

CHRIS WATTIE/REUTERS

RCMP officers keep watch as Conservative Leader Stephen Harper leaves a campaign stop at a spa in Ottawa yesterday.

Green party

May stays on track with train tour

CAMPAIGN Green party Leader Elizabeth May's election campaign takes a nostalgic turn next week with a whistle-stop train tour of the country. The train tour harks back to "the old days, when politics was good and people were more honest," May told the Toronto Star in a recent interview. In a statement on the Green party website yesterday, May said she hopes the Vancouver to Halifax ride will emphasize the party's message about reducing carbon emissions and the need for an energy-efficient national transportation strategy.

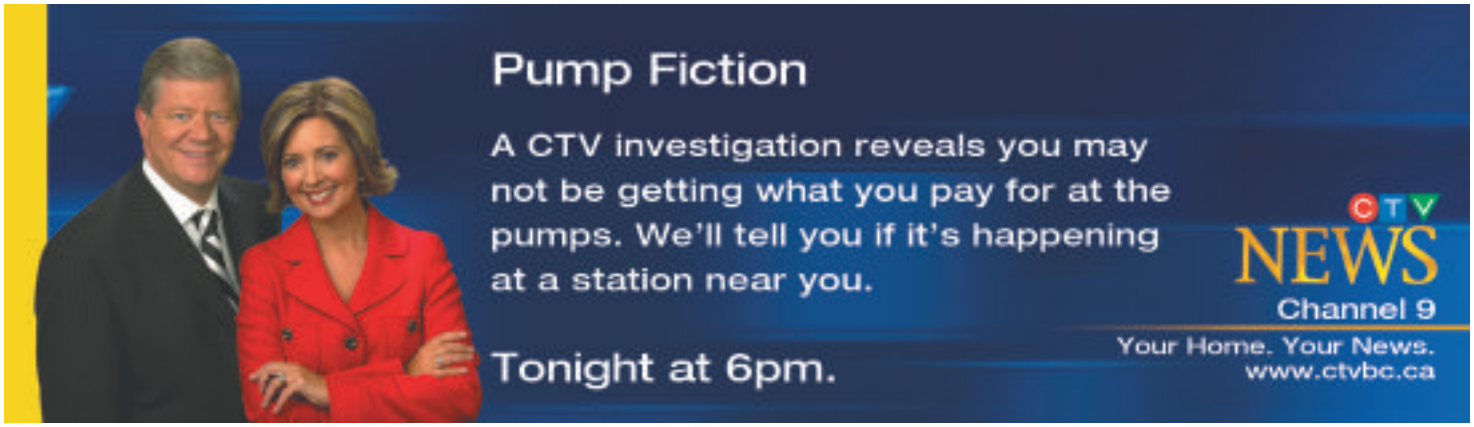
TORSTAR NEWS SERVICE

Did you know?

OFFICER The Chief Electoral Officer of Canada, Marc Mayrand, is the sixth to hold the post since it was created in 1920 by the Dominion Elections Act.

METRO NEWS SERVICES

28 days remain until the 2008 Canadian federal election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Election 2008

Layton pledges $200M for doctors

PHILIP CROUCHER
for Metro Canada

Jack Layton said his NDP will commit $200 million a year for five years to boost the number of doctors and nurses in Canada.

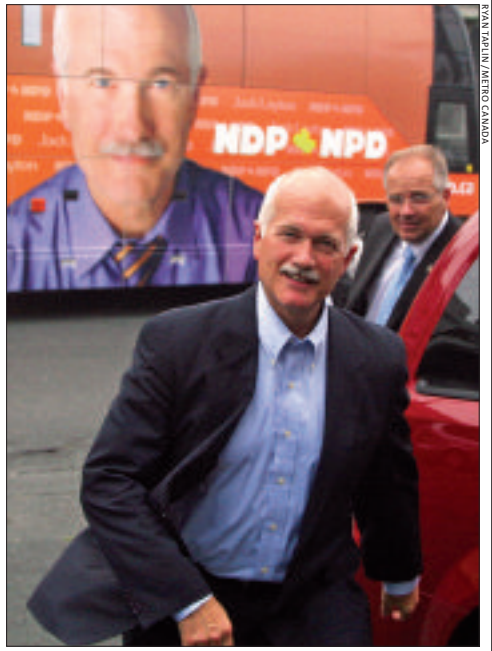
Speaking in Halifax yesterday, the NDP leader said if elected his party would increase the amount of doctors and nurses being trained by 50 per cent nationwide. That would mean an additional 1,200 doctors being trained in Canada, and another 6,000 nurses.

Layton also promised to forgive health-care student loans for those who pledge the first 10 years of their practice to family medicine.

"Your family deserves a prime minister who will take health care seriously, and put you and your family first," Layton said.

Layton made the health care announcement yesterday morning at Dalhousie University, where he toured a cancer research group lab with Halifax NDP candidate Megan Leslie and provincial NDP Leader Darrell Dexter.

Later, Layton visited the campaign headquarters of Dartmouth-Cole Harbour NDP candidate Brad Pye and spoke to about 100 party supporters. In both stops, Layton directed attacks toward Prime Minister Stephen Harper.



RYAN TAPLIN /METRO CANADA

Federal NDP Leader Jack Layton makes a campaign stop at Dartmouth-Cole Harbour candidate Brad Pye's headquarters yesterday in Nova Scotia.

"Perhaps Mr. Harper is a strong leader," Layton said. "It probably takes a strong leader to stand up and say in an election that what you intend to do is give a $50-billion tax cut to the biggest most profitable companies in this country."

Layton also spoke out against the rising cost of gasoline prices, which skyrocketed by about 13 cents a litre across the country after hurricane Ike.

"Mr. Harper essentially said he's not prepared to do anything about the highway robbery that is happening at the pump. He's just going to let the companies do what they're doing today," Layton said.

Grits upset with Dion's campaign

PARTY In late August, Sen. David Smith gathered Liberal backroom boys (no women allowed) at his lakefront spread in Cobourg, Ont., for his annual "gentlemen's soiree" of party faithful.

To the private dismay of some Liberals, there were, maybe, four people out of 35 who were actually doing something on the upcoming campaign, by then almost at their doorstep. Not a good sign.

"It's the children's crusade," mocks a veteran Liberal of a campaign he says failed to do serious "outreach" to Liberals excluded after Dion won the 2006 leadership.

Behind the scenes, Liberals worry about a "loosey-goosey" operation that staggered out of the gate minus an airplane to sell a complex Green Shift plan that bears the stamp of Stéphane Dion, professor.

"There's nobody in charge except Dion and he isn't listening."
Liberal veteran

"I wish we had one," says the Liberal veteran, when asked who's the party equivalent of Conservative powerhouse Doug Finley. "There's nobody — nobody in charge except Dion and he isn't listening."

TORSTAR NEWS SERVICE

Poll

Bleak forecast for Liberals

SURVEY Liberals could suffer their worst electoral showing in nearly a quarter century, the Ekos polling company projected yesterday.

Based on surveys over the past three days, Ekos said the ruling Conservatives were slipping away from their chance to form a majority government, but could still take twice as many seats as the Liberals.

Ekos projected the Conservatives would win 147 of the 308 seats in the House of Commons, shy of the 155 needed for a majority.

The Liberals would drop to 71 seats from 95. Their previous worst electoral result was in 1984 when they were reduced to 40 seats.

REUTERS

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U.S. says Cuba rejects $5 million in hurricane aid

Cuba has rejected an offer from the United States of $5 million in relief aid for hurricane victims, the U.S. State Department said yesterday, appealing to Havana to reconsider its decision. REUTERS

World

Pink Floyd founder dies

Pink Floyd keyboard player and founding member Richard Wright died yesterday after a short battle with cancer, his spokesman said. He was 65. REUTERS

Companies idled by Ike

Houston's energy giants among those hit hardest by storm

It was not quite business as usual in Houston yesterday after hurricane Ike knocked out power to millions, shattered skyscraper windows and wiped out water pressure in the nation's energy hub.

In the midst of an oil boom, the storm's destruction has largely paralyzed the nation's fourth-largest city, which has seen its economy grow, even as the nation's has faltered.

Most office workers were asked to stay at home. Two days after the Category 2 storm made landfall in Galveston, Texas, streets were filled with fallen trees and debris and most traffic lights do not work, making the office commute a hazardous affair.

The 75-story JPMorgan Chase Tower downtown lost hundreds of its windows in the hurricane and is home to the energy investment banking arms of firms such as JPMorgan Chase & Co. and Lazard Ltd.

Many energy trading floors, which expanded in recent years to capitalize on rising energy prices, were said to be working with skeleton staffs. One major oil trading operation said it had "computer issues."

The world's largest company, Exxon Mobil Corp., which owns a 44-storey building in downtown Houston, has shuttered its office tower and other Houston offices to nonessential personnel.

Transocean Inc., the world's largest offshore oil and gas drilling contractor, shipped operations workers to Dallas, Austin and and College Station ahead of the storm, but its offices in Houston are closed today because of the buildings' low water pressure.

REUTERS

RICHARD CARSON/REUTERS

Houston Heights resident Travis Warrington sweeps away storm debris following hurricane Ike, with a cautionary sign to potential looters posted on plywood covering his window.

Gas prices to go up

- U.S. President George W. Bush said yesterday there would be some upward pressure on the price of gasoline after hurricane Ike.

Jury urged to give O.J. Simpson 'true verdict'

TRIAL O.J. Simpson's kidnapping and robbery trial began yesterday with a Las Vegas prosecutor asking jurors to render "the true verdict" against the one-time football star who was famously acquitted of the murder of his wife and her friend more than a decade ago.

O.J. Simpson

Simpson is charged along with Clarence Stewart of storming into a room at the Palace Station hotel and casino in September 2007 and taking thousands of dollars in sports memorabilia from dealers Alfred Beardsley and Bruce Fromong at gunpoint.

Clark County Deputy District Attorney Christopher Owens appeared to invoke Simpson's 1990s murder trial and its controversial verdict when he asked the jury to find "the true verdict" on a dozen charges that could send Simpson and Stewart to prison for life.

But defence attorney Yale Galanter took umbrage at that suggestion, reminding the jury that they could not be influenced by Simpson's 1990s infamy in reaching a verdict in the current case.

Clark County District Judge Jackie Glass has told jurors to put the Los Angeles murder trial out of their minds.

Defence lawyers argue that Simpson went to the hotel only to retrieve his stolen belongings and that he didn't know his cohorts were carrying guns. REUTERS

News in brief

DEAL Zimbabwe's President Robert Mugabe signed a power-sharing agreement with fierce opposition rival Morgan Tsvangirai yesterday, appointing Tsvangirai prime minister.

PEOPLE Angelina Jolie and Brad Pitt have donated $2 million to create a centre for Ethiopian children affected by AIDS and tuberculosis. It will be named after their adopted Ethiopian daughter, Zahara. REUTERS

Bombs kill 34 in Iraq as Odierno takes lead

IRAQ Three bomb attacks killed 34 people and wounded dozens more in Iraq yesterday, underscoring the security challenges facing the next U.S. military commander in the country who takes over this week.

U.S. Defence Secretary Robert Gates, who earlier arrived in Baghdad on an unannounced visit, said Lt.-Gen. Ray Odierno must find ways to keep improving security while American troop levels are falling.

Gates will preside over a ceremony today to hand command of U.S.-led forces in Iraq to Odierno from Gen. David Petraeus, whose term was marked by a "surge" of 30,000 extra U.S. troops and big falls in violence.

In the deadliest attack yesterday, a female suicide bomber killed 22 people and wounded 33 at a celebration attended by police officers in Diyala province, police said. REUTERS

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Canadian home resales dropped in August
Home resales in Canada dropped 3.4 per cent in August from July as the economy softened and a big rise in prices in Western Canada left properties out of reach for many potential buyers. Compared to last year, resales were down 19.3 per cent. REUTERS

Business

DOLLAR 0.60¢ C$ $93.64 US US$ $1.0679

OIL $95.71 US $5.47

EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

Market aid from Bank of Canada

Central bank puts in $2.31B

Canada's central bank yesterday pumped the biggest amount of cash into markets since 2000, while policy-makers sought to shore up confidence after the deepening U.S. financial crisis claimed two Wall Street giants and shook world markets.

News of a bankruptcy filing by Lehman Brothers Holdings Inc. and the sale of Merrill Lynch jolted investors worldwide, and in Canada raised concerns that a worsening U.S. economic outlook could harm Canada's economy further due to its heavy reliance on trade with its neighbour.

Distrust in short-term lending markets prompted the Bank of Canada to pour $2.31 billion into the overnight market to lower the lending rate toward its 3 per cent target.

The amount of the transactions, in which the bank purchases securities in the open market and resells them the next day, was the biggest since Feb. 1, 2000, when it injected $2.47 billion.

"The bank will provide liquidity as required to support the stability of the Canadian financial system and the functioning of financial markets," the Bank of Canada said in a statement. REUTERS

Business in brief

WTO China has appealed a ruling by the World Trade Organization that its import regime for car parts is illegal, its first defeat in a dispute with the international body.

SUGAR Cuba's entire sugar crop, 700,000 hectares in total, was flattened and flooded by hurricanes Ike and Gustav this month, state-run television is reporting.

U.S. FINANCE The IMF's No. 2 official, John Lipsky, said yesterday that the Lehman Brothers bankruptcy and Merrill Lynch sale are part of "necessary" restructuring in the finance sector.

TAKEOVER Fording Canadian Coal Trust shares fell 10 per cent on worries that a takeover by Teck Cominco could be derailed due to creditor Merrill Lynch's own takeover. REUTERS

Yahoo-Google ad deal hurts papers

MEDIA A deal made in June by Google Inc. and Yahoo Inc. to share some advertising revenue will mean less money for newspapers and weaken Yahoo in the long run, the World Association of Newspapers said yesterday. REUTERS

Wal-Mart to grow banking services

BANKING Wal-Mart Canada said yesterday that it has filed an application with Canadian regulators for a banking licence as it aims to expand its financial services outside its existing non-banking offerings, including money transfers, ATMs and gift cards. REUTERS

Oil, credit markets pose oilsands risks

OIL A double whammy of tumbling crude prices and shaky credit markets could force some companies to delay multibillion-dollar Canadian oilsands projects, cutting Canada's overall output forecast.

Most at risk are developments that are in the design phase but have yet to start construction. Some have already been delayed due to surging costs, a tight labour market and stricter regulatory scrutiny.

"It's starting to weigh on people's minds as to what is the break point," FirstEnergy Capital analyst William Lacey said. REUTERS

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It's not the bank, it's you

MoneyMatters

Henry Choo Chong
choochonghcga@yahoo.ca

Q Recently, I applied for a business loan with a bank that I have dealt with for more than eight years. The loan representative claimed I would not be approved because my company's articles were cancelled by the Ministry. What can I do to remedy this? Should I deal with a new bank?

Serge

A Your bank is not the problem. The bank cannot extend a loan to a company that cannot execute legally binding contracts.

Many small businesses continue to operate unknowingly until a company search is done. The Ministry does not cancel articles without first making numerous requests for compliance. Your first step should be to determine why your company's articles were cancelled. Contact the Ministry. Government agencies and their representatives are generally friendly and helpful.

The cancellation of a company's articles should not be taken lightly. The business will be unable to enter legally binding agreements or contracts. An accountant and lawyer familiar with reviving cancelled corporations should be retained.

Henry Choo Chong, CGA, provides professional accounting and taxation solutions: choochonghcga@yahoo.ca.

Know thy spending self

SmartCookies

smartcookies.com

Impulse spenders will set out to buy a birthday gift and end up getting a gift for themselves, too.

In the early days of our money group we shared some pretty crazy spending confessions. At one point in time it made sense to buy three bottles of 2-in-1 shampoo and conditioner (even though we would never use 2-in-1!) just because it was on sale, or to spend hundreds of dollars at the mall because we had a bad day at the office.

Realizing that our spending personalities were as individual as we were, we decided it was time to not only pinpoint our spending ways but to find a cure once and for all.

Below are the most common types of spender. Take a minute to figure out what kind of spender you are and then take note of how you can save yourself hard earned-cash with some of these tips to save while you spend.

Yo-Yo Spender?

Do you go weeks or even months depriving yourself of spending only to find yourself overcompensating and purging by spending all at once? Robyn did, and she learned that to avoid this kind of spending it's best not to deprive yourself completely. Each month treat yourself (within reason of course) to something you didn't necessarily plan for — a cute top that catches your eye and a dinner out. Give yourself a little something to satisfy your craving.

A Slacker Spender?

Do you favour convenience over a good deal? Like Andrea found, you're likely to buy your groceries at the market across the street because it's easier than walking the extra two blocks to the cheaper chain grocery store. Your game plan? Plan your inconvenient treks to the cheaper grocery store in advance and stock up while you are there.

An Impulse Spender?

Ever find yourself heading to the mall to buy a birthday gift only to leave with a treat for yourself? Angela knows it's hard to resist an impulse buy, so she recommends planning your shopping trips in advance and knowing exactly what stores to go to. Taking a list is key for impulse shoppers and in extreme cases you might even want to take a friend.

A Sale Spender?

Like Katie, you find it nearly impossible to resist a sale, even if you wouldn't buy the item under any normal circumstance. When tempted to buy a sale item, ask yourself if you would buy the item if it wasn't on sale. If your answer is no, step back and walk away! Remember it's only a good deal if you will actually use it.

A Zombie Spender?

Do you pay little attention to prices on the menu or prices at the cash register? Do you surprise yourself when you arrive home and discover things in your bag you didn't even realize you purchased? Sandra finds the solution is to go into each spending situation with a predetermined amount to spend. She then takes that amount out in cash and is forced to pay attention to how her bill adds up.

If you have questions or suggestions for the Smart Cookies e-mail us at smartcookies@metronews.ca.

Tune in Wednesday night at 9 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

Investing

Allan Small

Allan Small examines the fall of Wall Street giants Lehman and Merrill. Read his column at metronews.ca

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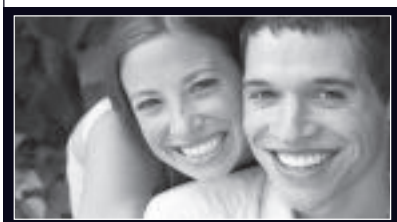
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Money-saving tip
Check your budget on a weekly or monthly basis to ensure you are staying on track.
If you overspend one week, plan to make up the difference the next week. NEWS CANADA

Student ¢ents

Buy used textbooks

Buy used textbooks or get books from the library to save costs. At the end of the year, sell your books back to the school. NEWS CANADA

SPECIAL FEATURES EDITOR: STEPHANIE BOMBA, STEPHANIE.BOMBA@METRONEWS.CA

Spending habits key to success

BRIAN TOWIE
Metro Canada

When you're not in class, you're catching up on your required reading on your 15-minute break from your part-time job. What you make is not enough to keep up with the mounting bills and unforeseen costs of being a post-secondary student. You're exhausted, frustrated and every day you find yourself deeper in a financial hole.

Going to school is a full-time job that requires a lot of money, and students sometimes don't have the funds to stay in the game.

Not a pretty picture, but one you might likely face. Going to school is a full-time occupation that requires big-time cash, and students sometimes don't have the funds or the energy to stay in the game. Don't get yourself down, however; there are ways, albeit marginal, to get out of the deep end of the red and possibly back into the black.

You're going to have to make some changes to your spending habits to start, says Myron Knodel, financial planning expert at Investors Group. Less Saturday night fun means more money in your pocket. Declaring bankruptcy is an option, but should only be considered as a last resort due to a possible bad credit rating and the fact that what you owe on your Canada Student Loan won't be forgiven.

You could consider consolidating your numerous debts into a loan with a lower interest rate. Renegotiating a payment plan is another alternative, should you find yourself pushing the panic button. Depending on who loaned you the money, it might be your best bet.

"You can always renegotiate with your creditors, and the success of that is reliant on who your creditors are," Knodel said. "Family, for example, might be more willing to help you. But even arms-length creditors do have some flexibility in regards to negotiating a reduced rate and ways to pay back what's owed."

But how much can a strained and starving student tighten their belt before it's too much? They may already be working at the absolute limit of their time and energy, doing their best to balance their academic career while labouring to finance it, says Katherine Giroux-Bougard, national chairperson for the Canadian Federation of Students. And she notes the situation isn't exactly improving, with some cash-strapped students even heading to food banks at their local campus to keep themselves fed.

"We do hear about a lot of students struggling. Some of them are working two and three jobs at a time to make ends meet, and as a result it's a big challenge for them to keep up with their academics," she said. "But there's no option. Not only are tuition fees going up, additional fees are being tacked on for what you used to be able to get for free — transcripts, student cards and the like."

You can turn to your school's financial aid office for help and advice, but usually only in the most superficial way, she says. Many institutions have emergency funds and scholarships available, but there's no guarantee you'll get one.

What got you into this mess? A perceived lack of public funding is not to blame, says Hugh Mackenzie, a research associate for the Canadian Centre for Policy Alternatives.

Citing Liberal MP Bob Rae's 2005 report on Ontario post-secondary education, Mackenzie says it's true more students from the 25 per cent highest-income households make up more of the student population (at 31 per cent) than those from the 25 per cent lowest-income households (at 21 per cent). But the highest pays the lion's share of the taxes for education funding at 47 per cent, while the lowest pays 8 per cent, supporting the case that general government revenue does indeed transfer to lower-income students.

Regression and financial hardship must therefore come, Mackenzie argues, from rising tuition fees and targeted subsidy policies, and it's the middle-income bracket that gets hit the hardest in this regard. Invariably, these students pay higher fees, which are then earmarked for the poorest students — all of the cost, none of the benefit. As a result, the financial roadblocks to a post-secondary education rise for this group.

Mackenzie writes in his April 2007 report, "Only the complacent would take comfort ... in the fact that participation in undergraduate post-secondary education has not declined in a decade of tuition fee increases ... As if 'not declining' is acceptable in an economy in which the only jobs that are growing in number are jobs requiring post-secondary credentials.

"Part of doing more is recognizing the obvious — that steadily increasing tuition fee levels create barriers to access for lower- and middle-income students and have contributed materially to the increasing levels of debt with which students now graduate."

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MLB

Ted Lilly threw a one-hitter over seven innings as the Chicago Cubs swept a two-game set against the Houston Astros with a 6-1 win yesterday. Just one day after Carlos Zambrano's first no-hitter for the Cubs in 36 years, Lilly didn't give up a hit until Mark Loretta got Houston's only hit of the series, a single in the seventh inning. METRO NEWS SERVICES

Sports

Brewers fire manager Yost

The Milwaukee Brewers have fired manager Ned Yost, left, and named Dale Sveum interim manager for the final two weeks of the season. The Brewers are 83-67 and tied for the top spot in the NL wild-card race with Philadelphia. The Phillies, though, just completed a four-game sweep of the Brewers, who have floundered to a record of 3-11 in September. METRO NEWS SERVICES

EDITOR: JONATHAN P. KUEHLEN, SPORTS@METRONEWS.CA

B.C. Sports in brief

NHL Roberto Luongo has landed. The Canucks' goalie skated informally with his teammates for the first time yesterday, showcasing his new white pads that comply with the NHL's stricter regulations. Luongo fielded questions on everything from the new-look roster to his family, and says he's ready to assume a greater leadership role with the departures of Markus Naslund, Trevor Linden and Brendan Morrison.

NHL The Canucks' prospects were defeated 6-3 by their counterparts from Calgary last night in Camrose, Alta. However, the best player on the ice was Canucks' hopeful Michael Grabner, who scored two goals and set himself apart with his speed. Grabner was drafted 14th overall by the Canucks in 2006, and led the Manitoba Moose with 22 goals last year in his first season as a pro. SCOTT RINTOUL/ METRO VANCOUVER

NFL Tony Romo completed 21-of-30 passes for 312 yards and three touchdowns as the Dallas Cowboys rallied to upend the Philadelphia Eagles 41-37 in a frenzied matchup between NFC East foes last night in Dallas. Terrell Owens caught three passes and moved into second place on the NFL's all-time career touchdown list. METRO NEWS SERVICES

Palin prompts Philly promo

VP candidate's comments inspire Flyers to hold 'hockey mom' contest

YorkReport

Marty York

marty.york@metronews.ca

Sarah Palin is influencing the NHL.

The Philadelphia Flyers have launched a marketing campaign directly related to Palin's recent comments that she is "a hockey mom." The Republican Party's vice-presidential candidate also joked publicly that lipstick is the only difference between hockey moms and pit bulls.

And so the Flyers are following up by seeking "the ultimate hockey mom," and the winner will receive more than $5,000 in prizes as well as tickets for Philly games. Mothers are being encouraged to visit philadelphiaflyers.com and submit posters showing their hockey mom pride. The contest ends Oct. 1.

There will be $500 gift cards for the second- and third-place finishers and every mom who enters will get a consolation prize: Puck-er Peach Lipstick.

Cool.

• Speaking of cool, that's what members of a new women's football league will be when they start playing in major U.S. cities in 2009.

They'll be cool, see, because they'll be playing in skimpy lingerie.

The Lingerie Football League — or LFL, as it will become known — is a spinoff of The Lingerie Bowl, a TV event that involved scantily clad women during halftimes of recent Super Bowls.

According to the league's website, the LFL will be "real fantasy football."

• That was nice of the NFL to show us in Denver a couple of days ago that, yes, its officiating can be just as shabby as the CFL's often is. Misery loves company … There's a good chance, by the way, that all four teams in the CFL West could post better records than the East's three weak-sister squads — the Toronto Argonauts, Winnipeg Blue Bombers and Hamilton Tiger-Cats — but one of these Eastern teams still would qualify for the playoffs, no matter what. And the fourth-place Western team could do no better than cross over for the post-season and visit the second-place Eastern team … From the rich-about-to-get-richer department comes info that the Boston Red Sox are front-runners to sign Japanese star Junichi Tazawa, a 22-year-old pitching phenom … Have the Pittsburgh Pirates ever suffered since trading B.C.'s Jason Bay to Boston. Entering last night, the Pirates had lost 15 of their past 18 games and were 10-27 since trading him Aug. 1 … The Barry Bonds-less San Francisco Giants will likely become the first MLB team to hit fewer than 100 home runs in a season since the 1993 Florida Marlins (94 in 1993). But this year's Marlins are the first MLB team in history with four infielders (Hanley Ramirez, Jorge Cantu, Mike Jacobs, Dan Uggla) who have hit at least 25 homers.

Getting better with age?

• Jamie Moyer of the Philadelphia Phillies won his 14th game of the season Sunday, the most for any non-knuckleball-throwing 45-year-old in MLB history. Moyer is 14-7 this season for the Phillies and has a lifetime record of 245-185 with seven different teams over 24 Major League seasons.

Marty York has been a groundbreaking sports columnist and broadcaster in Canada for decades.

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Gretzky won't run Team Canada 2010

Wayne Gretzky, who headed Team Canada at the last two Olympics, will not be running the show in 2010.

"I'm going to be involved in a smaller way, in a smaller role ..... something to help out Team Canada but it will not be my team," Gretzky told Toronto's FAN 590 radio station yesterday.

Gretzky

As part of an on-going dialogue, Gretzky again spoke with Bob Nicholson, president of Hockey Canada, over the weekend. He then confirmed yesterday that he would not be reprising his leadership role as Team Canada's executive director.

"I'm not exactly sure where I'm going to fit in," said Gretzky, looking ahead to the Vancouver Games.

"I've always had a connection with being involved with Team Canada and being part of Team Canada. Where I'm going to fit is still to be determined. But I don't think I'll have the same responsibility as I had in '02 and '06, but to be involved and just to be able to lend a hand is something I would be happy to be a part of."

Gretzky was the manager of the squad that ended a 50-year, gold medal drought at the Salt Lake City Olympics in 2002. He again ran the team in 2006 at Turin. That team didn't win a medal.

Gretzky didn't rule himself out as a potential coach of Team Canada in 2010 but he also made it sound as if his preference was to keep his focus on his work as coach of the Phoenix Coyotes, noting that "we need to make the playoffs this year." TORSTAR NEWS SERVICE

SCOREBOARD

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	PCT	GB
Tampa Bay	88	60	.595	-
w-Boston	89	61	.593	-
New York	80	70	.533	9
Toronto	80	70	.533	9
Baltimore	66	82	.446	22

CENTRAL DIVISION

	W	L	PCT	GB
Chicago Sox	83	66	.557	-
Minnesota	82	68	.547	1½
Cleveland	73	77	.487	10½
Detroit	70	78	.473	12½
Kansas City	66	84	.440	17½

WEST DIVISION

	W	L	PCT	GB
x-L.A. Angels	92	57	.617	-
Texas	73	77	.487	19½
Oakland	69	80	.463	23
Seattle	57	92	.383	35

NATIONAL LEAGUE

EAST DIVISION

	W	L	PCT	GB
N.Y. Mets	83	66	.557	-
Philadelphia	83	67	.553	½
Florida	77	72	.517	6
Atlanta	67	83	.447	16½
Washington	57	93	.380	26½

CENTRAL DIVISION

	W	L	PCT	GB
Chicago Cubs	90	58	.608	-
w-Milwaukee	83	67	.553	8
Houston	80	69	.537	10½
St. Louis	78	71	.523	12½
Cincinnati	68	81	.456	22½
Pittsburgh	63	87	.420	28

WEST DIVISION

	W	L	PCT	GB
L.A. Dodgers	78	72	.520	-
Arizona	72	76	.486	5
San Francisco	68	81	.456	9½
Colorado	68	82	.453	10
San Diego	57	93	.380	21

(w — teams currently holding wild-card spots; x — clinched division title)

YESTERDAY'S RESULTS

AMERICAN LEAGUE

Boston 13 Tampa Bay 5
Cleveland 3 Minnesota 1
Kansas City 3 Seattle 0
N.Y. Yankees 4 Chicago Sox 2
Detroit at Texas

NATIONAL LEAGUE

Chicago Cubs 6 Houston 1
L.A. Dodgers 8 Pittsburgh 2
Washington 7 N.Y. Mets 2
San Diego at Colorado
San Francisco at Arizona

TONIGHT'S GAMES

AMERICAN LEAGUE

Minnesota at Cleveland, 5:05
Chicago Sox at N.Y. Yankees, 5:05
Baltimore at Toronto, 5:07
Boston at Tampa Bay, 5:10
Detroit at Texas, 6:05
Seattle at Kansas City, 6:10
L.A. Angels at Oakland, 8:05

NATIONAL LEAGUE

L.A. Dodgers at Pittsburgh, 5:05
Houston at Florida, 5:10
Philadelphia at Atlanta, 5:10
N.Y. Mets at Washington, 5:10
St. Louis at Cincinnati, 5:10
Milwaukee at Chicago Cubs, 6:05
San Diego at Colorado, 6:35
San Francisco at Arizona, 7:40

AL BATTING LEADERS

Name, team	AB	R	H	AVG
Pedroia Bos	611	113	200	.327
Ordonez Det	507	68	164	.323
Mauer Min	482	90	155	.322
Kinsler Tex	518	102	165	.319
Huff Bal	557	94	175	.314
Morneau Min	567	92	177	.312
Ibanez Sea	581	81	181	.312
Suzuki Sea	628	95	195	.311
Youkilis Bos	500	85	155	.310
Polanco Det	547	85	168	.307
Rodriguez NYY	475	101	146	.307

NL BATTING LEADERS

Name, team	AB	R	H	AVG
Jones Atl	425	79	155	.365
Pujols StL	486	91	175	.360
Holliday Col	517	103	170	.329
Berkman Hou	512	110	167	.326
Winn SF	546	80	172	.315
Lee Hou	436	61	137	.314
Guzman Was	543	75	169	.311
Theriot ChC	541	78	166	.307
Schumaker StL	498	82	152	.305
Molina StL	443	37	135	.305

CFL

EAST DIVISION

	W	L	T	PTS
Montreal	7	4	0	14
Toronto	4	7	0	8
Winnipeg	3	8	0	6
Hamilton	2	9	0	4

WEST DIVISION

	W	L	T	PTS
Saskatchewan	8	3	0	16
Edmonton	7	4	0	14
Calgary	7	4	0	14
B.C.	6	5	0	12

WEEK 12

FRIDAY'S GAME

Winnipeg at Hamilton, 5:30

SATURDAY'S GAMES

Toronto at Calgary, 4:30
B.C. at Saskatchewan, 7:30

SUNDAY'S GAME

Edmonton at Montreal, 11

NFL

WEEK 2

LAST NIGHT'S RESULT

Dallas 41 Philadelphia 37

SOCCER

GAMES FEATURING THE VANCOUVER WHITECAPS MEN'S TEAM:

SATURDAY'S GAME

VANCOUVER at Seattle, 7

Your Health is a monthly feature that focuses on health, beauty and lifestyle issues. Next month's issue comes out on Oct. 21.

Your Health

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SPECIAL FEATURES EDITOR: STEPHANIE BOMBA, STEPHANIE.BOMBA@METRONEWS.CA

Skip the apple

Eating cheese a better alternative to fight acid erosion

LEYLA EMORY
for Metro Canada

An apple a day may keep the doctor away but if it's the dentist you're looking to dodge, go with cheese.

Fruit may be part of a healthy diet but the acidic treats can wreak havoc on your teeth. "Acid erosion is tooth wear that occurs as a result of acids in the mouth resulting in the loss of surface enamel," explains Dr. Don Friedlander, president-elect of The Canadian Dental Association.

What's a little loss of enamel for the sake of a nutritious Red Delicious? Pain. Beyond just losing their luster, your once pearly-whites will take on a browner colour as the enamel wears away exposing the darker and nerve-ridden dentin. "So teeth can become cold, sweet and touch sensitive," says Friedlander.

Of course fruit can't take all the blame. "A lot of factors lead to acid erosion," says Friedlander. "Teenagers, for example, are drinking more pop. People are living longer. Their teeth are exposed for a longer period. There's more snacking and less formal sit-down meals. That means there could be acidic foods or drinks sitting next to teeth for longer periods of time. Sports drinks (with their high acid and sugar content) are another possibility."

With assaults on all fronts it's surprising how few people are aware of acid erosion. "I'm not sure if I have any," says 28-year-old Victoria Shelep, who visits her dentist regularly. "I've probably got some, just generally over time."

She's probably right, according to Dr. Martin Addy, one of the experts featured on the GlaxoSmithKline (producers of Sensodyne Pronamel toothpaste) website, aciderosion.co.uk. "I think if you look into any dentition virtually at any age ... you'll find some form of wear ... One could probably say that the prevalence is actually about 100 per cent," he says in a video shot at the FDI World Dental Federation conference in Montreal three years ago.

Enamel, once lost, can never be rebuilt, according to Friedlander, but there are ways to avoid losing, and re-strengthen, what's still there. "My advice, find a low-abrasive toothpaste that has fluoride in it. Fluoride is helpful in reducing the enamels susceptibility to acid."

And eat cheese. Finishing a meal with foods that are high in calcium, like milk or cheese, "can be effective in neutralizing the acid as well as providing the building blocks for remineralizing areas that have been affected," says Friedlander.

PETER DAZELEY/PHOTOGRAPHER'S CHOICE

While eating an apple a day may keep the doctor away, the acidity of fruit can cause acid erosion on your teeth, experts say.

Lavender calms patients: Study

Lavender has been shown to help patients cope with a trip to the dentist, BBC News Online reports.

A study of 340 people by King's College London researchers found those exposed to lavender oil scent were less anxious about the treatment ahead.

But the British Psychological Society conference heard lavender had no effect on patients' nerves concerning future treatment.

All the patients studied were waiting for a scheduled dental appointment.

Half were exposed to the scent given off by a candle warmer activating five drops of lavender oil in water during regular clinics over a four-week period, while the rest were not.

The anxiety level of those not exposed to lavender was 10.7 compared with 7.4 among those smelling the scent.

Metaxia Kritsidima, who led the study, said: "A substantial number of people avoid going to dental surgeries because they are scared of the dentist, which can have a significant impact on their dental health.

"The anxiety experienced by these patients once they get to the dentist is stressful not only for them, but also for the dental team."

Dr. Koula Asimakopoulou, who also worked on the study, added: "This is a significant difference and it was present regardless of the type of dental appointment."

And she added: "Our findings suggest that lavender could certainly be used as an effective 'on-the-spot' anxiety reduction in dentists' waiting rooms."

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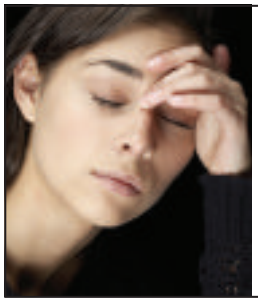
Your Health is a monthly feature that focuses on health, beauty and lifestyle issues. Next month's issue comes out on Oct. 21.



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Tackling sex addiction

The J Spot

Josey Vogel

Sex talk with Josey

I wonder how David Duchovny's doing in rehab. As you no doubt know by now, the former X Files star and husband of actress Téa Leoni checked himself into rehab for "sexual addiction" at the end of August. No word on how he's doing but you have to wonder.

When one goes into rehab for alcohol or drug addiction, they don't generally let you bring in a flask or a joint or two for when the temptation gets to be too much. But what do they do when a so-called sex addict feels the urge. Keep his hands tied behind his back?

Frankly, the whole idea of "sex addiction" is problematic. If you treat sex addictions like, say, alcohol addiction, that is, if you are exposed to sex, you won't be able to control yourself, does that mean you have to stop having sex?

Even Sexaholics Anonymous — an organization that tackles "sex addiction" with the same 12-step approach it applies to drug or alcohol addiction — struggles with this.

In AA, total abstinence is the goal. Since swearing off sex for the rest of their life is a little more difficult, SA allows its members to have sex but only within marriage. Which is no doubt good news for Téa but I don't quite get the logic that you won't lose control as long as you only have sex with a husband or wife.

According to Carol Groneman, author of Nymphomania: A History (2000), nymphomania was first described in 1771 and symptoms included "dwelling on impure thoughts, reading novels, eating too much chocolate and indulging in secret pollutions" (i.e., masturbating).

In the first Diagnostic and Statistical Manual of Mental Disorders, nymphomania and its male counterpart Don Juanism (guys always get sexier labels), were listed as "sexual deviations." By 1980, they were downgraded to "psychosexual disorders" and, in 1987, they were dropped entirely and replaced with "sexual addiction." The 1994 version nixed this and that's how it remains today.

Obviously, if you're preoccupied with or having sex so much that it's messing with your life or hurting your relationship, you should get some help. I'm just not convinced you're an addict.

There are tons of things we do as humans to excess that aren't good for us — eat, surf the net, follow Britney. Sex, it seems to me, is just one of many appetite-related activities we have to learn to enjoy in a moderate and healthy way.

As famous sex research pioneer Alfred Kinsey once said: A nymphomaniac is "someone who has more sex than you do."

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

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†Rock CL, et al. *Obesity*. 2007;15: 939-949.

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Laurie's new deal to pay off
Hugh Laurie is likely to become the highest-paid British television actor yet, after signing a new deal to star in Fox's House at $400,000 US per episode, or more than $9 million a year. IMDB.COM

Entertainment

Gwen earns W
Singer Gwen Stefani has landed a new job — designing the uniform for female staff at W hotels. The line will be unveiled this autumn.
FEMALEFIRST.CO.UK

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

RIGHT: Dr. Peter's mom, Shirley Young, left, and development manager Leah Kruk are both thrilled to celebrate Passions' fifth year.

RIGHT: Former Vancouver Canucks owner Arthur Griffiths, left, and wife Janella talk over his upcoming Provincial election bid with communications manager/friend Paul Nixey at Passions

LEFT: Famed sushi-chef-to-the-stars, Hidekazu Tojo, once again impresses everyone at Passions with a delicate sablefish offering.

RIGHT: Who doesn't have a Passion for chocolate? Romain Grare and Josina de Bree keep the sweets flowing with the chocolate fountain at the Dr. Peter event.

LEFT: O'Doul's Chef Chris Whittaker and Listel Hotel's Melina Sarantopoulos sample his duck in Okanagan black plum sauce at Passions.

ABOVE: Event mastermind and food stylist Nathan Fong toasts the centre's fifth anniversary alongside Passions host and CBC news anchor Gloria Macarenko.

Dr. Peter's legacy lives on

Tom Hanks, Honorary Patron, is only one of the impressive names on a list of supporters behind the Dr. Peter Centre and Dr. Peter AIDS Foundation.

Helping to "provide comfort care for people living with HIV/AIDS," the centre is dedicated to Dr. Peter Jepson-Young, one of the first physicians in Vancouver who brought the AIDS issue — and the need for proper care — out from the shadows.

Sadly, Dr. Peter did not live to see the legacy of his work, but those who carry on in his name are forever grateful for his work and dedication — each proudly continuing to celebrate his spirit with the kind of unswerving courage and passion that lives forever.

Seems only fitting then that Passions — A Benefit for the Dr. Peter AIDS Foundation celebrated its fifth anniversary this past weekend. Fabulous food, served by some of Vancouver's top restaurants, and auction items galore, helps makes this an event to look forward to every year.

Congratulations to everyone involved. Also, congratulations go out to Vancouver's comedy community on the launch of a new laugh-out-loud lounge that proves to be much more than just a mid-week pick-me-up.

The Wednesday Hump @ The Kingston is the brain child of up-and-coming comedian Johnny Scoop and a band of famous friends who will stand-up to be counted on every week for a good giggle and more.

Starting up again on Sept. 24 at the Kingston Taphouse on Richards, this show is a go for all the right reasons.

Cat calls? Submit your event at catherinebarr.com. She can also be heard on The Buzz 1410 AM Tuesdays at 4:30 pm.

ABOVE: Dr. Peter Centre board member Mark Virgin gets cuddles from a hard-working Maxine Davis, executive director of the centre.

LEFT: Kingston manager Chase MacLeod, left, welcomes great comedic talent, like performer Andy Canete, to the taphouse for the Wednesday Hump show.

SocialEyes
Catherine 'Cat' Barr
info@catherinebarr.com

RIGHT: Keeping them laughing in the aisles are Tom Shibaoka and Colleen Brow at the Kingston Taphouse Wednesday Hump.

LEFT: Comedy headliner Graham Clark, left, joins Wednesday Hump host and comedian Johnny Scoop at the Kingston.

ABOVE: Vancouver funny man Byron Bertram's talent keeps the crowd chuckling as he plays MC at the first-ever Wednesday Hump comedy night.

Who will write it?
The Who frontman Roger Daltrey, left, has said his planned biopic about the late drummer Keith Moon has stalled because he has yet to receive a good script. **BBC NEWS ONLINE**

Spears selects birthday for latest comeback

MUSIC Britney Spears is gearing up for another comeback attempt. The pop singer's label said yesterday it would release her new album, Circus, Dec. 2, her 27th birthday.

Spears

The album marks the follow-up to 2007's Blackout, which was also billed as a comeback after a sustained period of personal and professional woes. It failed to return Spears to the commercial heyday she enjoyed at the turn of the century.

The latest comeback talk got a boost last week when Spears won three prizes at the MTV Video Music Awards in Hollywood and did not commit any missteps in the process.

The first single from the album is called Womanizer, Jive Records said in a statement. **REUTERS**

Rights apply with sickness

HineSight
Anne Hines

Ium vewy, vewy sick. I hab a tuffy nose and a tuffy head. I do not thig that anyone in the whole world has eber, eber been as sick as I am. Eber.

I am not one of those "fair weather" sick people. Recently, I ran into a friend sitting at an outdoor café on a day when summer actually looked like summer and asked why she wasn't at work. Her response, "I called in blind. I just couldn't see going in."

I, on the other hand, am actually, authentically sick. So, I'm offering: The Hinesight Guide to Getting The Most From Your Head Cold.

When you get sick, people will suggest you take remedies made from things like herbs, leaves and mud scrapped off the underside of dead logs. Forget that. Go right for the big guns. The sick person's mantra: "Prescription drugs are our friends."

Of course drugs are serious business. There's a radio ad where a woman talks about how she takes cold medicine so that she doesn't have to miss work and stay home in her bathrobe, watching TV all day. Obviously, the drugs have deranged this woman's head. Any sane person would love spending a day like that.

Pay attention to warnings like, "Do not take while operating heavy machinery." This also includes pushing lawn mowers and using hair curling irons. Trust me on this one. Also, when they put an expiry date on cough medicine, they mean it.

Take every possible measure to avoid spreading your germs. It decreases the pool of people able to fetch you trashy magazines and nice hot cups of tea. Remember the sick person's bill of rights: You have the right to remain whiney. If you give up that right your family can, and will, require you to make dinner.

If you're feeling unwell, take it easy — really easy.

You have the right to cough syrup. And, the flavour of your choice and not whatever's left over in the medicine cabinet from the last time the kids had the plague. You have the right to the remote control. If someone challenges this, you have the right to say something like, "I'm happy to share. Let me just wipe off where I sneezed with this soiled Kleenex."

Finally, if you are sick more than three or four days, it is important to see a doctor. They'll be the only person still prepared to listen to you talk about it.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.

Brit series attracts controversy

TELEVISION British comedy series Little Britain USA has sparked outrage in the U.S., with a gay rights group calling the program "offensive," imdb.com reports. The sketch show is based on the original U.K. series and features male full-frontal nudity as well as a series of lesbian and gay gags. The controversial content has angered officials at the West Hollywood Gay and Lesbian Alliance.

"This is the most politically incorrect, offensive and obnoxious material ever seen in this country," a spokesman for the organization says. A representative for HBO, the channel that plans to screen the show from Sept. 28, says the series is about overcoming prejudices and leads the way in "edgy programming."

METRO NEWS SERVICES

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What's online today.

Read today's DVD picks for Made of Honor, Speed Racer, and 88 Minutes.

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Legends in drag?
Hollywood heavyweights Robert De Niro and Al Pacino want to dress up as women and play sisters in a movie comedy. "It's a great idea. That could be something for us to work on," Pacino tells British radio station Heart. IMDB.COM

Product placement and Mad women

IntelleVision

FEMALE TROUBLE: Last Sunday's episode of Mad Men was sponsored by Heineken, in case you didn't notice, though if you didn't, you were probably either asleep or the kind of person who tried to play your old cassette tapes on your iPod and keeps asking "Who's that supposed to be?" during Simpsons episodes.

This sort of product placement integration is going to get more common as broadcast television disappears, but Mad Men is probably a misleading test bed for media buyers to go by — while it's so much more elegant to be able to slip brands into a show set in an advertising agency than into, say, a sci-fi show, Mad Men limits its prospective clients to a select group who've been on the market in the United States for nearly fifty years.

Everybody's heard of Heineken and Cadillac, of course — the two highest-profile beneficiaries of Mad Men's last two episodes — but I doubt if I'm alone in presuming that creator Matt Weiner and his writers had made up Utz Chips, the Sterling Cooper client shilled by Jimmy Barrett, the Jerry Lewis-esque comedian cuckolded by Jon Hamm's Don Draper.

It turns out that Utz has been around for nearly 90 years, a Pennsylvania-based snack food company known to anyone in the U.S. northeast. Now would be a good time for US Airways to revive Mohawk Airlines, the regional carrier unceremoniously dumped by Sterling Cooper earlier this season, if only to capitalize on all the free advertising.

It was the episode where the show's women finally got to take up their share of oxygen.

Product placement aside, the show hasn't jumped a shark yet this season, and Sunday's episode shifted gears from cruise control to emotional meltdown; not coincidentally, it was the episode where the show's women finally got to take up their share of oxygen. The show's love of visual puns was in full effect; kicking off her episode-long breakdown now that the fact of Don's infidelity is finally sinking in, Betty Draper (January Jones) smashes a dining room chair while her children watch silently from the living room, and as she kneels down to pick up the pieces, a bottle of Pride furniture polish takes pride of place in the centre of the screen.

The shoe dropped for Christina Hendricks' Joan as well, as the statuesque redhead who seemed content to play queen bee of the secretarial pool realized that she actually liked her brief flurry of executive duties assisting Harry with his TV clients; her expression when told offhandedly that she'd been replaced by yet another affable but dimwitted fellow was accurately described as "heartbreaking" on the show's fan forums.

Elizabeth Moss's Peggy finally returned to centre stage as well, albeit briefly, with the return of Colin Hanks' earnest young priest to prod her conscience and give her a glimpse of purgatory with a parish social committee meeting.

Peggy, like Don, is a bottled up reservoir of emotional blowback waiting to happen, but the show let Hanks get the always-poignant final scene. Taking off his collar and pulling out a guitar, Father Gill launches into a robust version of a folk spiritual tune that seamlessly cuts to Peter, Paul & Mary for the credits.

It's been hard to figure out just what role Rev. Gill would take in the show, but with the revelation that he's the man responsible for folk masses, it's clear that he's a villain as sinister as Darth Vader or Jack Palance in Shane.

Rick McGinnis writes about music, movies, books and television, but not opera.

Going Out

- 1 p.m. King Lear on the mainstage at Bard on the Beach. At Vanier Park. Tix: $18. *bardonthebeach.org*
- 6 p.m. Martinis and Manicures, a New York-inspired after-work indulgence. At La Vallee, 1379 Howe St. Tix: $35. *lavalleerestaurant.com*
- 8 p.m. Fleet Foxes in concert. At Richards on Richards, 1036 Richards St. Tix: $15. *sealedwithakisspresents.com*
- 9 p.m. Miss Kittin and The Hacker, live with Death to Sexy and Miss Myte and the Abasi. Plaza Nightclub. Tix: $20. *intimateproductions.com*

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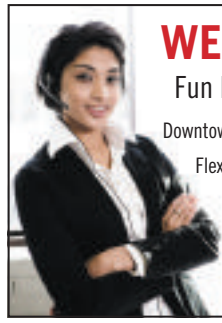
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'Mamma' cleans up overseas

BOX OFFICE "As a movie musical, it's a train wreck." That's how one reviewer greeted the stage-to-film adaptation of Mamma Mia! And that review was only one of a batch of disastrous notices. Fortunately for Universal, Mamma Mia!'s overseas fan base has apparently never heard of film critics. Foreign ticket sales stand at more than $300 million, making the film the highest-grossing musical of all-time overseas. The loyal British aficionados of the stage musical and of 1970s Swedish pop group ABBA accounted for more than $100 million of that total. It's the top-grossing film of 2008 in Britain and the fifth-highest ever.

With 16 more markets opening, a $400- to $450-million foreign gross is not out of the realm of possibility. REUTERS

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VA	Vu	SC	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime	251	308	3	CBC	Coronation St.	Jeopardy! (N)	Rick Mercer	22 Minutes	The Tudors Fall from grace.		CBC News: The National (N)		(:05) The Hour
	255	358	6	JOY	E! News	The Insider	The Biggest Loser (CC)				Pam	Sunset Tan	News (N)
	254	-	8	M	2Half Men	2Half Men	Mandarin News		Cantonese News (N)		Punjabi News (In Punjabi N)		Metropia
	250	321	9	CTV	eTalk (CC)	Hollywood	Criminal Minds "Lo-Fi" (CC)		Without a Trace "Satellites"		Law & Order: SVU		News (N)
	-	-	10	OMNI	Scrubs (CC)	According-Jim	Islam 101 (CC)		Jozi-H "The Chosen" (CC)		The Daily	The Search	New Day
	252	336	11	GTV	Entertainment	ET Canada	House (Season Premiere) (N)		90210 "The Bubble" (N) (CC)		Big Brother 10 (CC)		News (N)
	256	389	12	VI	Robson Arms	TMZ (N) (CC)	Old Christine	Old Christine	Fringe "The Same Old Story"		To Be Announced		News (CC)
	253	359	13	CITY	Law & Order: SVU		Bio.: DiCaprio		Privileged (N) (CC)		NY-Hollywood	Friends (CC)	Reviews
	-	-	14	CW	Deal-No Deal	Deal-No Deal	90210 "The Bubble" (N) (CC)		Privileged (N) (CC)		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15	CBS	Entertainment	The Insider	NCIS "Judgment Day" (CC)		Big Brother 10 (CC)		Without a Trace "Satellites"		News (N)
	287	379	16	NBC	Evening Mag.	Inside Edition	The Biggest Loser: Families (Season Premiere) (N) (CC)				Law & Order: SVU		News (N)
	602	568	19	W	Will & Grace	Friends (CC)	Coleen's Real Women		Style by Jury	Style by Jury	How to Look Good Naked (N)		Maxed Out
	288	380	21	ABC	Wheel-Fortune	Jeopardy! (N)	Wipeout (Season Finale) (N) (CC)		Primetime: UFOs... Seeing Is Believing (N)				News (N)
	-	-	23	KVOS	M*A*S*H	Seinfeld	Russkies ★★ (1987) Whip Hubley, Leaf Phoenix.				Cheers (CC)	Still Standing	Scrubs (CC)
	291	383	27	PBS	American Masters "Pete Seeger: The Power of Song" (CC)				John Denver: A Song's Best Friend			Roy Orbison & Friends	
	290	382	28	FOX	Two/Half Men	Two/Half Men	House (Season Premiere) (N)		Fringe "The Same Old Story"		News (N) (CC)		Family Guy
	-	364	48	PBS	The Jewish People: A Story of Survival (CC)				Tavis Smiley	Charlie Rose (N) (CC)		Happy for No Reason	
	296	654	34	SBK	Frasier (CC)	Frasier (CC)	Cheers (CC)	South Park	Comics Un.	Half & Half	The Insider	Entertainment	Guthy-Renker
	298	653	35	TLA	Two/Half Men	Two/Half Men	90210 "The Bubble" (N) (CC)		Privileged (N) (CC)		KTLA Prime News (CC)		Friends (CC)
	295	651	36	WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	According-Jim	Sex and-City	Friends (CC)	Will & Grace	My Wife-Kids
	297	652	37	WPX	CW11 News at Ten		Two/Half Men	Friends (CC)	Sex and-City	Will & Grace	Frasier (CC)	George Lopez	Odd Couple
	199	311	76	STR	News (N)	News		Late Show-Letterman		ET Canada	Entertainment	The Biggest Loser: Families	
news	502	390	26	NW	Let's All Hate Toronto (CC)		CBC News: The National (N)		CBC News: The National		Let's All Hate Toronto (CC)		National
	500	500	43	CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22	RSP	MLB Baseball Los Angeles Angels of Anaheim at Oakland Athletics. (Live)						Sportsnet Connected		Sportsnet
	400	400	30	TSN	SportsCentre (Live) (CC)			In This Corner	Boxing Juan Diaz vs. Michael Katsidis. (Taped) (CC)				SportsCentre
	411	457	49	OLN	Don't Forget Your Passport		Pilot Guides (CC)		Don't Forget Your Passport		Survivorman (CC)		Angry Planet
	410	403	54	SCR	Score Tonight		Final Score	Final Score	Final Score	Final Score	Sports Rage		Final Score
	417	406	55	SC	Super Bikes!	Super Bikes!	Pinks	Pass Time	Unique Whips		Low Life	SuperCars	Super Bikes!
	416	409	144	GLF	Fútbol Alemán		Gol TV News		Hallo Bundesliga		Paid Program	Kings Club	Gol TV News
family	552	543	25	YTV	Malcolm-Mid.	Home Imp.	Prank Patrol	Futurama	Prank Patrol	Mystery Hnt.	Adrenaline	Prank Patrol	Mystery Hnt.
	555	545	50	TEL	George	Bugs Bunny & Tweety Show		6teen	Total Drama	Futurama	American Dad	Chicken	Rick & Steve
	557	541	51	FAM	Wizards-Place	That's-Raven	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School	Cory in House	Zack & Cody
	553	546	56	TRE	Comfy Couch	Rolie Polie	Beren. Bears	Babar (CC)	Backyard	Dora-Explorer	Go, Diego, Go!	Treetown	Comfy Couch
cable variety	268	354	5	KNO	Gardens	Recreat. Eden	Catherine the Great (CC)		Catherine the Great (CC)		Cricket & the Meaning of Life		Sinking
	575	583	20	CMT	Home Imp.	Home Imp.	Top 20 Tearjerkers		Reba (CC)	Hope & Faith	Home Imp.	Home Imp.	Ed "Frankie"
	570	580	24	MM	You Can Dance		The Shift		Pimp My Ride	Technical Diff.	disBand	Video on Trial	Video on Trial
	600	564	29	H&G	The Stagers	Green Force	Holmes on Homes (CC)		Dirty Business	Outside	Colin & Justin's Home Heist		The Stagers
	615	520	61	A&E	The Cleaner (N) (CC)		The Cleaner (CC)		The First 48 (CC)		The First 48 (CC)		The Cleaner
	628	584	62	SPKE	(6:00) Star Wars VI: Return of the Jedi ★★★ (1983)				Without a Paddle ★★ (2004) Seth Green, Matthew Lillard.				Deep Space 9
	521	560	64	TLC	Dr. G: Medical Examiner		Incredibly Small		Mystery Diagnosis		Dr. G: Medical Examiner		Mysteries
	616	522	69	SHO	About a Girl	About a Girl	The Best Years		Trailer Park	Trailer Park	The Shield "Snitch" (CC)		House (CC)
	620	523	70	BVO	Celtic Roots	Steve Coffey	Law & Order "Burden" (CC)		Without a Trace (CC)		The Last September ★★ (1999, Drama) (CC)		
	601	562	71	SLC	Plastic-Perfect	Matchmaker	Newlywed	In Laws	Rich Bride, Poor Bride (CC)		Plastic-Perfect	Matchmaker	Trading Sp
	520	505	72	DIS	After the Catch "Deck Hands"		Daily Planet (CC)		Smash Lab (CC)		After the Catch "Deck Hands"		How It's Made
	522	506	74	HIS	NCIS "Driven" (CC)		The Worst Jobs in History		Tony's Law Henry VIII. (CC)		NCIS "Driven" (CC)		Crime Stories
	627	528	75	SPC	Rabbit Fall	The Circuit	Stargate SG-1 "Moebius"		Lost (CC)		Star Trek: Deep Space Nine		Star Trek
	294	650	97	TBS	The Office	The Office	Frank TV	Frank TV	Sex and-City	Sex and-City	The Postman ★ (1997) (PA) Kevin Costner.		
	619	525	98	TROP	Beverly Hills, 90210 (CC)		Planet Soap	What	Family Guy	Seinfeld	Seinfeld	King	Family Guy
	603	561	99	FN	Top Chef "Puerto Rico"		Restaurant Makeover (CC)		Iron Chef America (CC)		HEAT	HEAT	Top Chef
	626	547	57	COM	Air Farce	Just for Laughs (CC)		Corner Gas	The Simpsons	South Park	S. Silverman	Jon Dore	Daily Show
	320	621	60	CEN	Thank You, Mr. President		Trantasia ★★ (2006) Premiere. (CC)			Greatest Silence Rape		(:45) Autism: The Musical (CC)	
	581	566	101	MTV	From G's to Gents (CC)		MTV Live	After	Making the Band 4 (CC)		From G's to Gents (CC)		MTV Live
	261	394	102	V	Circus of God Tent revivals.		MythQuest (CC)		Bless-Father	On the Buses	Quantum Leap		Paid Program
	-	-	103	MUL	Matchmaker	Daughters	Officina Italian	Qui si Parla	In Germany	Euromaxx	Schauplatz	Euro. Journal	Patrol World

critics' corner

Without a Trace
It's a five-for-one deal in this episode, as Jack (Anthony LaPaglia) and his team investigate the abduction of five people from a coffee shop. It turns out they had an odd connection beyond just having all been in the wrong place at the wrong time. Sam (Poppy Montgomery) gets ready for her baby's arrival. Enrique Murciano, Eric Close and Marianne Jean-Baptiste also star in "Satellites." 9 PM on CTV; 10 PM on CBS

Thank You, Mr. President: Helen Thomas at the White House
For almost 50 years, Helen Thomas has been doing what she can to keep the president of the United States accountable. As a correspondent for United Press International, she had the privilege of asking the first question at presidential press conferences and concluding them with her "Thank you, Mr. President." Filmmaker Rory Kennedy, whose uncle John was one of the presidents Thomas covered, tells her story in this documentary. 7 PM on CEN

Takei weds partner

Actor George Takei and his longtime partner, Brad Altman, were wed Sunday evening in a Buddhist ceremony in downtown Los Angeles. PEOPLE.COM

Celebrity Buzz

DeGeneres, de Rossi spar over baby

RELATIONSHIPS Ellen DeGeneres and actress Portia de Rossi are arguing about whether to have a baby, female-first.co.uk reports. The couple, who married in an intimate ceremony last month, are said to be fighting about the prospect of starting a family.

Talk-show host Ellen is reportedly determined to become a mom, but de Rossi is less keen because she would be the one carrying the child. "Ellen wants Portia to get pregnant, an idea they had both ruled out before the wedding," a source said.

"But Ellen has gotten all goofy over the baby issue. She has been in tears trying to get Portia to reconsider. Now the situation is very tense."

DeGeneres, 50, reportedly had the intention of changing 35-year-old Portia's mind following the wedding.

METRO NEWS SERVICES

Dion demands bodyguards

PEOPLE Singer Celine Dion blew into New York City with a security retinue that rivals anything the U.S. presidential candidates might have, tmz.com reports. The Times of South Africa reports Dion demanded 11 bodyguards be on stage at all times for her show at Madison Square Garden last night.

"At least eight" had to be on chairs able to swivel 30 degrees. She also needed to have a dentist on call at all times. Her rider ran 67 pages, said the paper, and when it comes to food, she had to have French cherries and Bavarian figs.

METRO NEWS SERVICES

Mendes' celebrity crush

PEOPLE Eva Mendes has confessed a secret crush on rock legend Mick Jagger, imdb.com reports.

The actress admits she fell to pieces when she ran into the Rolling Stone in a hotel elevator in France four years ago — and blew her chances of looking cool when they met again.

"I literally collapsed when he got out a floor later. He's delicious, he still looks really good," Mendes says.

As for their second meeting, "I thought: 'He's never going to remember me,' so I just say: 'Hi, I'm Eva, nice to meet you,' and he says: 'Oh, I think we met in Paris.' I screamed: 'Oh my God, you remember me?' The whole facade falls and I was a complete geek."

METRO NEWS SERVICES

celebrity briefs

Mel B. wants another child

FAMILY Former Spice Girl Mel B. has revealed she's planning on expanding her family, despite her disastrous experience having 17-month-old Angel Iris with actor Eddie Murphy, the Daily Mirror reports.

Talking in the latest issue of New! magazine, Mel B. said she would like another child to add to her brood of Angel and Phoenix Chi, 9, from her marriage to dancer Jimmy Gulzar.

"Not right now, because Angel's only one and we want to enjoy the kids we've got. But in the future, we plan to have one … or two!" she said.

"We" being her and her film producer husband Stephen Belafonte.

METRO NEWS SERVICES

Winehouse skips birthday

PEOPLE Amy Winehouse notched up another no-show on the weekend — but this time it was her own birthday party that she didn't attend, Ananova.com reports.

The singer's friends and family gathered at the Jazz After Dark in Soho, London, on Saturday night to celebrate the star's 25th birthday. But Winehouse stayed at home, refusing to leave her house in Camden because she reportedly thought she looked too ugly.

"Amy was standing in front of the mirror telling everyone how rough she looked," a friend told Britain's The Sun. "Unfortunately her lifestyle has had a major effect on her appearance and it's only just started to sink in. She kept saying she was ugly and was in an awful state."

Winehouse's friend, Remi Nicole, who had helped organize the party, reportedly spent three hours trying to persuade Winehouse to leave.

The pair ended up having an argument and eventually Nicole gave up and went home.

Back at the Jazz After Dark, guests waited until midnight before deciding to start the party without Winehouse, and allowing the first band to take to the stage.

METRO NEWS SERVICES

GETTY IMAGES PHOTOS

No perfume deal for Mills

BUSINESS Heather Mills came close to launching her own fragrance, but the deal was scrapped when her then-husband Sir Paul McCartney found out about the plans, imdb.com reports.

Mills' ex-publicist Michele Elyzabeth claims to have set up the agreement in 2005, while Mills was still married to the former Beatle.

And the contract would have seen the former glamour model create a perfume called Voice with U.S. fashion label Tommy Bahama.

The company reportedly requested that both stars featured in the advertisements and Mills is said to have given the company one of their wedding photos to use in the promos.

However, Elyzabeth claims she was forced to terminate the deal — after McCartney refused to let the idea go ahead.

"The company suggested using a photo of them both, Heather reckoned that would work and e-mailed them one of her wedding pictures.

But when the ad came back (for approval) I got this phone call from Heather saying the project had to be scrapped immediately," she says. "Heather told me that when she showed Paul the adverts he hit the roof.

She told me he shouted at her, 'Are you f--king mad?' Tommy Bahama weren't interested in Heather alone. The deal fell through because she wasn't a big enough star."

Mills and McCartney finalized their divorce earlier this year.

METRO NEWS SERVICES

New Yorkers are most stylish, Banks says

FASHION Ugly Betty star Becki Newton and singer John Legend are two of the most stylish New Yorkers of 2008, according to Us Weekly magazine.

The publication honoured the 25 best-dressed stars, all hailing from New York, at a ceremony in the city recently, hosted by Tyra Banks. The model-turned TV presenter insists that Manhattan really is the fashion capital of the world.

"You walk the streets of New York and people see you — you gotta look cute in New York, you have to be popping," she says.

"There's no excuse to not look right. If you catch me looking busted, I deserve the worst dressed list."

METRO NEWS SERVICES

Hudson, boyfriend to tie the knot

RELATIONSHIPS Singer/actress Jennifer Hudson and boyfriend, David Otunga, have gotten engaged, People.com reports.

"I can confirm that Jennifer got engaged to her boyfriend David on Friday night in L.A.," her rep says.

Otunga, who is known as "Punk" from the reality show I Love New York 2, popped the question with a Neil Lane diamond ring on the Oscar winner's 27th birthday.

The couple, who have been dating less than a year, both hail from Chicago.

METRO NEWS SERVICES

Lohan scuffles with photographer

PEOPLE Actress Lindsay Lohan reportedly scuffled with a photographer outside a New York hotel, after accusing the snapper of tripping her, imdb.com reports.

Lohan is said to have fallen over a metal barricade as she entered the exclusive Bowery Hotel on Sunday night. She turned and allegedly punched one photographer on the nose, thinking he had deliberately caused her to lose her footing. The star was then reportedly heard talking to a friend on her cellphone, saying, "Oh my God! I just hit a paparazzi!"

Police are said to have been called, but no charges were filed.

METRO NEWS SERVICES

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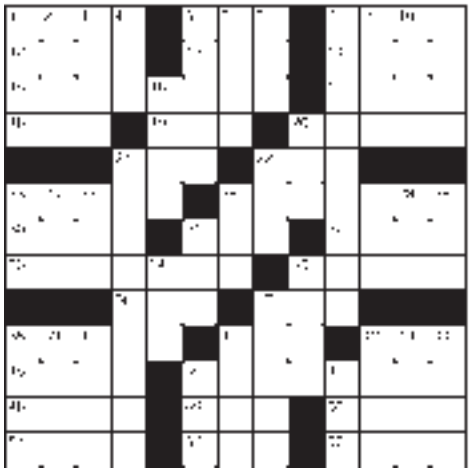

Crossword across

1 William H. of "Fargo"
5 Recipe meas.
8 Work at the keyboard
12 — vera
13 Hooter
14 Frost
15 Non-paying passenger
17 Baseball scores
18 Upper surface
19 With it
20 Elude
21 Automaton, for short
22 Depressed
23 Tote
26 Rhesus monkey
30 Curved molding
31 Pack quantity
32 Took off
33 Arizona tribe
35 Green gemstones
36 Barbie's pal
37 Rapture
38 Wanderer
41 Conger, e.g.
42 Collection
45 Swear 'tis true
46 Gilligan, for one
48 Antitoxins
49 Halloween abbr.
50 Actor Bogarde
51 Bohemian
52 Surprise cries
53 Look lasciviously

Crossword down

1 Sail support
2 Choir member
3 Hen pen
4 Evergreen
5 Namely
6 Trade
7 Thickness
8 Nonchalant
9 "— be surprised"
10 Throe
11 Gaelic
16 Pirate's greeting
20 Happy companion?
21 Secession
22 Remiss
23 Inmate
24 Khan title
25 Gun the engine
26 Wrong (Pref.)
27 Proof conclusion
28 French article
29 UFO crew?
31 Junior
34 Clampett patriarch
35 A bit of a shock
37 "He — at scars..."
38 Houston acronym
39 Finished
40 Comedian Sahl
41 Apiece
42 Hearty drink
43 "My Name Is —"
44 Youngster
46 Bill's partner
47 Rumpus

Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

9		7		5		1	3	
	8	6						
			4					7
4		9	5					
2			9		8			6
					1	5		9
7					4			
						9	2	
	5	4		3		6		1

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

2	3	9	5	6	8	7	4	1
1	6	5	4	3	7	9	2	8
7	4	8	2	1	9	5	3	6
3	5	7	6	4	1	2	8	9
6	2	4	9	8	5	3	1	7
9	8	1	3	7	2	6	5	4
4	9	6	1	2	3	8	7	5
8	1	2	7	5	6	4	9	3
5	7	3	8	9	4	1	6	2

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min.....Not bad
25+ min.....Keep practising

Recipe of the day

COOK SMART FOR A HEALTHY HEART

Quinoa with Grilled Eggplant

Quinoa, a nutritious grain from South America, has a texture similar to split lentils when cooked. It contains more protein than any other grain and is also lower in carbohydrate content.

INGREDIENTS:
1 cup (250 mL) quinoa
3 or 4 sprigs fresh thyme
2½ cups (625 mL) low-sodium vegetable broth
2 baby eggplants, cut lengthwise into quarters
1 red pepper, seeded and cut into chunks
1 red onion, cut into chunks
2 tsp (10 mL) olive oil
1 cup (250 mL) cherry tomatoes
2 garlic cloves, crushed
1¼ cups (300 mL) tomato juice
6 oz (175 g) light goat-cheese log with herbs, cut into 8 slices
Salt and pepper

METHOD:
1. Preheat the oven to 375°F (190°C). Put the quinoa in a sieve and rinse thoroughly under cold running water. Place in a saucepan with the thyme sprigs and broth, and bring to a boil. Cover and simmer gently until all the broth has been absorbed and the quinoa is tender, about 20 minutes.
2. Meanwhile, heat a ridged grill pan. Brush the eggplant, red pepper and onion pieces with the olive oil, then cook them on the grill pan (in batches if necessary) until softened and lightly charred, about 4 to 5 minutes. Transfer to a plate.
3. Put the whole tomatoes on the grill pan and cook until they are just beginning to burst their skins, about 2 minutes. Remove from the heat.
4. When the quinoa is cooked, place it in an ovenproof dish. Add the grilled vegetables, garlic and tomato juice, and season lightly with salt and pepper. Fold together gently.
5. Arrange the slices of goat cheese on top of the quinoa mixture. Cover with foil and bake until the vegetables are tender, about 35 minutes. Serve hot.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
Your reputation is on the line. A lack of devotion causes a bad scene. Keep it to yourself if you're unsure about a false impression.

TAURUS
APRIL 21-MAY 21
Talking about dishonesty causes an anxiety attack. Take care when visiting your place of origin. Comparing performances won't improve a situation.

GEMINI
MAY 22-JUNE 21
An angry worker needs a lucky break. Take the chance to be true to your word. An expert warns about a sad state of affairs.

CANCER
JUNE 22-JULY 22
Speak softly when a friend calls for help. Alarm bells tell of an abrupt shift taking place. A woman needs more instruction.

LEO
JULY 23-AUG 23
A creative pleasure will be an inspiration. A long-lost person has gone for a walk. Putting things in order takes longer than usual.

VIRGO
AUG 24-SEPT 22
Be careful of your words with a twitchy woman. Don't arrive punctually at a farcical event. An urgent issue will be resolved soon.

LIBRA
SEPT 23-OCT 23
An agreement will create chaos. Someone will finally see the light. A last minute change makes a guy happy.

SCORPIO
OCT 24-NOV 22
Frustration leads to a confrontation. Goals will be achieved before an unscheduled event. Patch things up around your home.

SAGITTARIUS
NOV 23-DEC 21
A precious person wants to talk with you. A moving message disturbs a rocky romance. Trust an ordinary person with secrets and lies.

CAPRICORN
DEC 22-JAN 20
Take a walk to calm your nerves. Empower yourself by giving a pep talk. An emotional storm threatens a family member.

AQUARIUS
JAN 21-FEB 18
A move should be made without delay. Escaping from a weird dilemma is only rational. Don't give orders to a tyrant.

PISCES
FEB 19-MARCH 20
A dramatic person has a flash of genius. Show support by stepping into somebody's shoes. Laugh at people who steer clear of the truth.

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Metropolis at Metrotown
Royal Oak Fido Store

LANGLEY
Willowbrook Shopping Mall

PORT COQUITLAM
Coquitlam Centre

RICHMOND
Richmond Centre

SURREY
Guildford Town Centre

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2460 Heather Street
Capilano Mall, North Vancouver
City Square Mall, Vancouver
Park Royal Shopping Centre, West Vancouver

CELLUNET
6338 Fraser Street
2430 Commercial Drive

ICOREA COMMUNICATIONS
Robson Public Market
617 West Pender Street
1108-123 Carrie Cates Court, North Vancouver

JC TELECOMMUNICATIONS
1238 Robson Street

KINGSWAY MOBILE
1463 Kingsway Avenue

ORANGEWAVE WIRELESS
Arbutus Village
8269 Granville Street
6596 Victoria Drive

PEPPER WIRELESS
First Avenue Market, Unit 102
3189 Main Street
735 Gore Avenue

UNIPAGE
Royal Centre
3565 Kingsway
88 West Pender Street

ABBOTSFORD
SKYNET
Meadow Fair Plaza

WIRELESS WORLD
32330 South Fraser Way, Unit 4

BURNABY
CELLULAR BABY
Lougheed Town Centre
Metropolis at Metrotown
Metrotown Centre

ICOREA COMMUNICATIONS
Hannam Supermarket, 4501 North Road #106

ORANGEWAVE WIRELESS
Madison Centre Mall

PEPPER WIRELESS
Crystal Mall

UNIPAGE
Crystal Mall
Metrotown Centre

COQUITLAM
UNIPAGE
Henderson Mall

DELTA
WIRELESS WORLD
Scottsdale Mall

LANGLEY
ORANGEWAVE
20226 Fraser Highway, Unit 122

MAPLE RIDGE
SKYNET
Haney Place Mall

NEW WESTMINSTER
PEPPER WIRELESS
Royal City Centre

PORT COQUITLAM
SKYNET
2564 Shaughnessy Street, Unit 104
101A – 2748 Lougheed Highway

RICHMOND
CELLULAR BABY
Richmond Centre

CELLUNET
4020 No 5 Road

PEPPER WIRELESS
Yaohan Centre
Lansdowne Centre
Aberdeen Centre
Richmond Public Market

UNIPAGE
Aberdeen Centre
Lansdowne Centre
Parker Place

SURREY
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1-15357 – 104th Avenue
3-13634 – 104th Avenue

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Real Canadian Superstore, 7550 King George Hwy
107 - 15551 Fraser Highway
102 - 6955 – 128th Street

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Central City Shopping Centre

SKYNET
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9182 – 120th Street

UNIPAGE
Central City Shopping Centre

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12845 – 96th Avenue

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